

welcome to your

MID-YEAR REVIEW



part 1 *reflect & reset*

part 2 *direct & dream*



what you need

space to move & relax

a journal to braindump & write

anything to help you remember

photo gallery, calendar, journal entries, IG stories

part 1 - reflect

3 phases

- wins & celebrations
- lessons & challenges
- stop-start-continue list

7 minutes journal time each

7 minutes

wins & celebrations

in the past 6 months..

- what went well?
- what am i proud of?
- what felt good?

think health, relationships, work, self-development, home, adventure

7 minutes

lessons & challenges

in the past 6 months..

- what didn't go so well?
- what was difficult?
- what has been feeling off?

think health, relationships, work, self-development, home, adventure

7 minutes

based on what you wrote, create 3 categories:

STOP

- what's ready to be left in the past?

START

- what do you want to start doing (instead)?

CONTINUE

- what's something you love & just works?

A dimly lit room with a white sheep on a wicker chair, candles on a table, and a wooden cabinet.

now it's time to RESET

meditation, visualization, breathing

part 2 - direct

3 phases

- theme
- priorities
- vision

7 minutes

theme

how do you want to FEEL?

- look at your stop-start-continue list
- think about the vision
- look at the coming months

capture that in a sentence or a word

e.g. power, light, joy / free bird, root to rise, walking tall

7 minutes

priorities

feel into your theme & ask:

- what are the things that will help you feel that?
- which habits or actions will support you?

create a list of around 5 priorities

e.g. create daily meditation habit, go on retreat, visit my family, launch that product, grow savings

these 5 priorities are your 2024-2 goals

they might feel vague & big. that's okay.
each of these have many side steps.

this is where your systems come in

this will be aftercare content



let's end with the vision

meditation, visualization, movement

systems & ways to support you

accessibility - how can you remind yourself?

- phone/laptop background
- note on your wall/mirror
- notion life dashboard

clarity - how can you make the next step actionable?

- create tiny substeps
- create "to-do" lists/projects you can check weekly
- weekly/monthly review

accountability - how can you use peer pressure in a healthy way?

- sisterhood group weekly check in
- daily wins/brags to celebrate baby steps